perplexity

Step-by-Step Guide: Changquan (Long Fist) Basics

Changquan (Long Fist) is a dynamic Northern Chinese martial art known for its extended, flowing movements, powerful strikes, and athletic kicks. Here's a beginner-friendly step-by-step breakdown:

1. Basic Stances

- Horse Stance: Feet wide, knees bent, thighs parallel to the ground, back straight.
- Bow Stance: One leg forward bent at the knee, back leg straight, both feet flat.
- Empty (Kite) Stance: Front foot lightly touches ground, most weight on rear leg, torso upright.
- Resting Stance: Sit low, one leg bent under, the other extended.
- Knee Lift: Raise one knee, balance on the other leg, hands in guard position[1] [2].

2. Fundamental Movements

- Pounding Fist: Punch forward from horse or bow stance.
- Waist Twist: Rotate torso for power and flexibility.
- Front Kick: Snap kick forward, toes pointed.
- Arm Swings: Large, circular arm motions for momentum and defense[1] [2].

3. Sample Sequence

- Start in horse stance, hands in guard.
- Transition to bow stance, punch forward.
- Shift to empty stance, guard up.
- Lift knee, balance, hands in position (right hand higher for balance).
- Step forward, swing arms, snap kick.
- Land in horse stance, block or punch.
- Repeat sequence, focusing on fluid transitions and posture[1] [2].

4. Tips for Practice

- Keep your back straight and shoulders relaxed.
- Extend arms and legs fully for reach and power.
- Move smoothly between stances; avoid jerky motions.
- Practice each movement slowly, then increase speed as you gain confidence[1] [2].

Video Tutorials Featuring Women Practicing Changquan

- Junior Compulsory Long Fist Changquan Tutorial: Step-by-step routine, demonstrated and explained, suitable for beginners[1].
- Shaolin Long Fist Basics and Workout: Includes stances, punches, kicks, and conditioning-features both men and women[3].
- Chang Quan / Long Fist 32 Routine Tutorial: Detailed breakdown of moves, with slow and normal speed demonstrations[2].

Images of Women Practicing Changquan

While the search results do not provide direct images, the YouTube tutorials above often feature female practitioners. Pausing at key points can help you study form and posture[1] [3] [2].

Bodybuilding & Physical Fitness Routine to Complement Changquan

To support your Changquan practice, include:

- **Strength Training**: Focus on legs (squats, lunges), core (planks, sit-ups), and upper body (push-ups, pull-ups).
- **Flexibility**: Daily stretching, especially for hips, hamstrings, and shoulders.
- **Cardio**: Running, skipping, or HIIT for endurance.
- **Balance Drills**: Single-leg stands, stability ball exercises.

A balanced routine will improve your power, flexibility, and stamina for martial arts[3].

Would you like a detailed weekly training plan or more video recommendations?

⁂

1. https://www.youtube.com/watch?v=tX6hNNIuZH8
2. https://www.youtube.com/watch?v=jy4agiHkHC8
3. https://www.youtube.com/watch?v=1a-NgtxS8xQ